

GOURMET AND WELLNESS DELIGHTS FOR THE NATIONAL DAY HOLIDAYS AT MANDARIN ORIENTAL, SANYA

Hong Kong, 21 August 2018 – [Mandarin Oriental, Sanya](#) is taking advantage of its natural surroundings by hosting both culinary and wellness experts to offer guests the opportunity for a unique retreat during this year's National Day Holiday.

Enjoying year-round balmy weather, Mandarin Oriental, Sanya is a tropical sanctuary situated between the sparkling South China Sea and verdant hills, making it an ideal location to restore one's sense of physical and mental wellbeing. It also has the only resort spa on Hainan Island licensed to practice Traditional Chinese Medicine.

From 30 September to 6 October 2018, guests can make the most of specially offered rejuvenating experiences and culinary opportunities when booking the [National Day Holiday Wellness Retreat](#) package.

A healing Singing Bowl class to restore equilibrium of mind, body and soul, led by Tibetan singing bowl healer Mayu Nishibe, is a feature of the retreat. Healthy gourmet cooking is the other key innovation. On particular dates, guests have the opportunity to sample a nine-course tasting menu created by Michelin star Chef Stefan Stiller or savour Nyonya delicacies made by another guest chef, Muhammad Asaari bin Johari of Mandarin Oriental, Kuala Lumpur.

Priced from CNY 1,801 per night, the *National Day Holiday Wellness Retreat* package includes:

- Terrace Room luxury accommodation for a two-night stay
- Daily breakfast at [Pavilion Restaurant](#) for two people
- One-hour Tibetan Singing Bowl group class with Mayu Nishibe
- Daily morning complimentary wellness class with Mayu Nishibe
- Priority reservations for Chef Stiller and Chef Johari's menus

“We’re offering guests an opportunity to enjoy a wellness retreat at the resort over the National Day Holiday that focuses on five elements: Nourishment, Movement, Wellbeing, Stillness and Connections, which combine to help people relax, rejuvenate and recharge,” says Eric Kee General Manager of Mandarin Oriental, Sanya.

Tibetan Singing Bowl Healing with Mayu Nishibe

Singing bowls produce sounds that heal and relax and help align chakras and release energy blockages in the body. After experiencing chronic pain from genetic spinal fusion, Mayu Nishibe sought healing through spirituality, yoga and the power of vibration. Now recovered, she believes everyone has the power to heal themselves. She will share her knowledge on movement, vibration, sound and mindfulness with guests from 30 September to 5 October.

Fresh Michelin Culinary Experience

Chef Stiller has led several Michelin-starred restaurants and his Taian Table restaurant in Shanghai received a Michelin star in September 2016. From 1 to 3 October, Chef Stiller will be a guest chef at the resort, presenting a nine-course tasting menu of seasonal dishes that diners can enjoy at Fresh, the refined outdoor beach restaurant with expansive ocean views.

Authentic Nyonya Cuisine

Nyonya cooking is the blending of Chinese ingredients with spices and cooking techniques used by the Malay/Indonesian community. From 4 to 6 October, Chef Muhammad Asaari bin Johari from [Mandarin Oriental, Kuala Lumpur](https://www.mandarinoriental.com/kuala-lumpur) will work with the resort’s culinary team to prepare authentic Nyonya dishes. Guests can choose from *a la carte* selections for lunch and dinner or opt for a special buffet dinner, also in the stunning setting of Pavilion restaurant.

For further information and reservations, please visit

<https://www.mandarinoriental.com/sanya>.

About Mandarin Oriental, Sanya

Mandarin Oriental, Sanya is unrivalled in its sheer luxury and refined elegance. Enjoying the privacy of a secluded 1.2 km nationally protected coral bay and nestled amongst lush tropical bloom, the resort is a hidden gem where nature is celebrated and tranquillity is assured. Located just 7 minutes from Sanya city centre and 18 minutes from Sanya International Airport, the luxury resort provides convenient access to all of the area's major tourist attractions. The resort features a series of private low rise and villa accommodation with ocean views and landscaped tropical gardens, some featuring private pools, patios and gazebos. There are 10 innovative restaurants and bars, a 3,200 sq.m. Spa Village with 16 private treatment suites and 2 VIP spa villas, a large recreation centre, CoCo Kids Centre, and over 6,000 sq m of indoor and outdoor conference and banqueting space, providing guests with the perfect destination getaway whether for business or pleasure.

About Mandarin Oriental Hotel Group

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the world's most luxurious hotels, resorts and residences. Having grown from its Asian roots into a global brand, the Group now operates 32 hotels and eight residences in 21 countries and territories, with each property reflecting the Group's oriental heritage and unique sense of place. Mandarin Oriental has a strong pipeline of hotels and residences under development, and is a member of the Jardine Matheson Group.

Photography of Mandarin Oriental is available to download in the [Photo Library](#) of our [Media](#) section, at www.mandarinoriental.com. Further information is also available on our [Social Media](#) channels.

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